

CORE of Your Health

A Free Monthly Newsletter For The Friends and Patients of: CORE Chiropractic

"About the time we think we can make ends meet, somebody moves the ends." - Herbert Hoover

Revealed in this month's newsletter...

“New Study Shows When You Can Eat MORE And Still Lose Weight!”

And...Can You Really Lose Weight By Drinking Milk?



Houston – Chances are, you’ve heard it over and over again but, you probably never gave it much credit... or... thought it was just an old wives’ tale.

What are we talking about? The old saying...

Breakfast Is The Most Important Meal Of The Day!

Sure, mothers all around the country have been saying it for years, but new research has shown it might be true.

That is, if you would like to lose weight – AND KEEP IT OFF!

Here’s what this is all about: Dr. Jakubowicz from Virginia Commonwealth University has been an advocate of eating a big breakfast for a long time. As a matter of fact, she has been giving this advice to her patients for 15 years.

She recently tested her “big breakfast” theory by splitting 96 obese and inactive women into two groups.

Low Carb Versus “Big Breakfast”

One group’s diet (the “low-carb” group) involved 1,085 calories a day - the majority of these coming from protein and fat.

Breakfast was the smallest meal of the day - just 290 calories, with just seven grams of carbohydrates.

Her "big breakfast" diet involved more calories - 1,240 - with a lower proportion of fat and more carbohydrates and protein.

In this diet, breakfast contained 610 calories, with 58 grams of carbohydrates, while lunch and dinner were 395 and 235 calories, respectively.

Four months on, the low-carb dieters in the first group appeared to be doing better, losing an average of 28 pounds to the 23 pounds shed by the second group on the "big breakfast" diet.

However, after eight months, the situation had reversed with the low-carb dieters putting an average of 18 of those pounds back on, while the big breakfasters continued to lose weight on average 16.5 pounds each.

They lost a fifth of their total body weight on average, compared with less than 5% for the low-carb dieters.

Less Hungry?

Dr. Jakubowicz reported the big breakfasters said they felt less hungry, particularly in the mornings.

She said: "Most weight loss studies have determined that a very low carbohydrate diet is not a good method to reduce weight.

It exacerbates the craving for carbohydrates and slows metabolism - as a result, after a short period of weight loss, there is a quick return to obesity."

She said the bigger breakfast helped by making people feel fuller during the day, and was healthier because it included more fiber and fruit.

Dr. Alex Johnstone from the Rowett Research Institute in Aberdeen, said other studies had shown that while low-carb diets were a "good tool" to reduce weight quickly, they were not a "diet for life."

She said the regaining of lost weight by these dieters could be more a sign of the relative monotony of the two diets, rather than their ability to necessarily reduce cravings.

"It could be that it is simply easier for people on a higher-carbohydrate diet to comply with it over a longer period."

Which brings up a very important point: Are the results of these studies indicative of one way of eating being better than another... or... was one "diet" easier to comply with and therefore followed longer?

Clearly, if one diet is followed and the other is not, the results do not show one to be superior to the other.

This is similar to saying an exercise program does not work simply because it is difficult and people do not actually do it.

Many times in life, the more difficult solution is the best and more research needs to be done in this area of weight loss. But, most likely, there is no one diet or eating plan that is the "best."

To optimize weight loss and overall health, you will likely have to discover an individual plan that works best for you.

The bottom line is: People react differently to different foods and only a little trial and error will tell you what's best for you.

However, we are not talking about trial and error with "junk food." No one is built specifically to run on fast food, candy and soda!!!

There is a big difference between seeing how your body reacts to eating a little more or less meat versus banana splits and candy bars. ☺

Now let's talk about another weight loss issue you will probably find interesting...

Is Milk Good For Weight Loss Or Are The Dairy Industry's Ads Misleading?

You may have seen dairy industry ads claiming low-fat dairy products can help people lose weight.

Well, these claims are untrue according to a review of published scientific literature, which shows that neither dairy products in general nor calcium intake promote weight loss.

"Don't believe the hype," Dr. Amy Joy Lanou told Reuters Health. "The ads that promote milk as helping to achieve a healthy weight are misleading; the science does not support these ads."

Lanou, an Assistant Professor in the Department of Health and Wellness at the University of North Carolina in Asheville and Neal D. Barnard with the Physicians Committee for Responsible Medicine in Washington, DC, evaluated evidence from 49 clinical trials that assessed whether dairy products or calcium can help people lose weight.

Of the 49 trials, 41 showed no effects of dairy or calcium on weight, two showed an increase in body

weight with a dairy regimen, one showed a lower rate of weight gain and only five showed weight loss.

Lanou and Barnard concluded in the latest issue of Nutrition Reviews that "increasing dairy product intake does not consistently result in weight or fat loss and may actually have the opposite effect."

This make sense because milk in nature is designed to help small mammals grow into larger ones in a short period of time.

Best Advice Of The Day!

Probably the best advice given by a researcher from the study was to "SWITCH TO WATER!"

"We drink way too many of our daily allotted calories in milk, milkshakes, lattes, sodas and other sweetened beverages. Water is healthy and naturally calorie-free," Lanou said.

"Choosing water instead of milk means you can enjoy more nutrient-dense foods such as fruits vegetables, grains, and legumes and stay within your energy needs."

Once again – drinking plenty of water is the obvious choice for promoting the best overall health. **And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.**

Feel Better? Refer Others!

Many times we only consider our own condition when it comes to referring someone else.

If we have low back pain and we are helped with Chiropractic, we will gladly tell someone to "Try Chiropractic!" for low back pain.

Meanwhile, someone you know is needlessly suffering with headaches, neck pain, upper back pain, Fibromyalgia...

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy.)

This Is The Only Person You Need To Rely On To Be Happy, Successful And Healthy

Have you ever had a moment when you wished things were different? Maybe you've looked back on certain "key" points in your life and thought to yourself, "If I had only acted differently, my life would be so much different today."

Uncle Ricco And You

One character in the oddly funny movie "Napoleon Dynamite" is Napoleon's Uncle, Ricco. And even though Uncle Ricco is in his mid-40s... he constantly thinks back to his high school football days and says, "If the coach had only put me in, we would have won state and my whole life would have been different." Fact of the matter is: It's very easy to do that. And it's also very easy to look back and think SOMEONE ELSE had control over your ultimate success or failure, like how Uncle Ricco blames his coach for not putting him in that game.

Well, here's a true story that will put Uncle Ricco to shame. And it will show us all one of the most important secrets to being happy, successful and healthy...

Here's the story:

Rochelle High School is not known for athletics. Located about 85 miles east of San Angelo, Texas... it doesn't even have a real track. The football field has a ring of Caliche, soil cemented together by lime, around it. When asked how she trains, a very unique athlete named Bonnie Richardson said, "Watch the potholes!" What makes Bonnie Richardson so unique? For starters, Richardson was the ONLY athlete on her high school track team to compete in the state meets. So what? Get this: Richardson won the high jump (5 feet, 5 inches), placed second in the long jump (18-7) and was third in the discus (121-0).

On the next day, she won the 200 meters in 25.03 seconds and nearly pulled off a huge upset in the 100 meters, finishing second (12.19) to defending champion Kendra Coleman of Santa Ana. Richardson, a junior, earned a total of 42 team points... and...

Won The State 1A Track Team Title ALL BY HERSELF!!!

To put this amazing feat into perspective... University Interscholastic League officials said it was the first time they can remember a single athlete winning a girls' team title. It's happened before on the boys' side, but not since former Baylor Bear and Pittsburgh Steeler Frank Pollard did it for Meridian High School in the 1970s, said UIL Athletics Director Charles Breithaupt. "This totally blows me away," Richardson said while holding the trophy with a gold medal draped on her neck. "This is amazing. I had no idea it was even possible."

It was a good thing the 1A events were split over two days because Richardson said the heat -- temperatures were in the high 90s both days -- might have knocked her down. She laughed off a suggestion that she could have won more if UIL rules didn't limit individual participation to five events.

"I don't think I could handle any more," she said. "It was hot and I was tired." Richardson also plays tennis and led her basketball team to the state semifinals last season. "I'd play football if my parents would let me," she said. "Not quarterback. Defense." What does this great personal achievement story have to do with you? Here's what: Bonnie Richardson proves that the only person you need to rely on to be successful in life is... YOU!

Bonnie went to the state track meet... without a team... and won the team title. She took all the responsibility into her own hands and ran with it. No pun intended!!!

The same is true for all aspects of your life. There is no doubt Bonnie Richardson will be a success in whatever she chooses to do with her life because the success formula she used to win the 1A team track championship all by herself is the exact same formula to be successful, happy and healthy.


The first step is taking 100% responsibility. Then you must take action. When you take responsibility and action, the rest of the pieces will all fall into place.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?... 1. Close to 90% of visits to primary care physicians are for stress-related problems. **2.** As many as 750,000 Americans attempt suicide each year, often due to unmanageable stress. **3.** On an average workday, about one million employees are absent due to stress-related problems, costing businesses more than \$200 billion annually in absenteeism, worker's comp claims, health insurance costs and lowered productivity. **4.** Fully 40% of employee turnover is stress-related. **5.** Recent studies show stress weakens our immune system, increases our risk of heart disease and cancer, impairs our mood and performance, disturbs our sleep, contributes to sexual dysfunction, destroys relationships, and generally makes us miserable. **6.** 75% of CEO's of Fortune 500 companies maintain regular exercise programs. **7.** According to the Federal Centers for Disease Control and Prevention in Atlanta: In 1970, about 6% of children aged 6 to 17 were considered overweight. In 2000, nearly 15% of children 6 to 11 are overweight, and so are 12% of children 12 to 17. More than 84% of high school students eat too much fat and more than 91% eat too much saturated fat. Only one in five high school students eats the recommended five daily servings of fruits and vegetables. About half of students in grades kindergarten through 12 eat less than one serving a day of fruit, and 29% eat less than one serving a day of vegetables that are not fried. According to the U.S. Surgeon General's office, American youngsters are increasingly sedentary. **8.** A poll by Glamour found that 75% of women thought they were too fat. 89% of the 3,452 female respondents wanted to lose weight. It was estimated that the size of the weight loss industry was at \$32,680,000,000.00.

Tip Of The Month - 8 Drugs Doctors Say THEY Would Not Take

Doctor's get the inside scoop. That's why Men's Health Magazine asked Medical Doctors, "Which Medications would you skip?" Here's their response:

 **Advair** - It's asthma medicine that can make your asthma deadly. Advair contains the long-acting beta-agonist (LABA) salmeterol. A 2006 analysis found regular use of LABA's can increase the severity of an asthma attack. Researchers estimate salmeterol may contribute to as many as 5,000 asthma-related deaths in the United States each year. **Avandia** - Diabetes is destructive enough on its own, but if you try to control it with rosiglitazone, better known as Avandia, it could cause a heart attack. A study found that people who took rosiglitazone for at least a year increased their risk of heart failure or a heart attack by 109 percent and 42 percent, respectively. **Celebrex** - This painkiller has been linked to increased risks of stomach bleeding, kidney trouble, and liver damage. According to a 2005 study, people taking 200 mg of Celebrex twice a day more than doubled their risk of dying of cardiovascular disease. Those taking 400 mg twice a day more than tripled their risk. **Ketek** - This antibiotic, which has traditionally been prescribed for respiratory-tract infections, carries a high risk of severe liver side effects. In February 2007, the FDA limited the usage of Ketek to the treatment of pneumonia. **Prilosec and Nexium** - The FDA has investigated a suspected link between cardiac trouble and these acid-reflux remedies, although they did not find a "likely" connection. Whether this is true or not, they can raise your risk of pneumonia, and result in an elevated risk of bone loss. The risk of a bone fracture has been estimated to be over 40 percent higher in patients who use these drugs long-term. **Visine Original** - These eye drops "get the red out" by shrinking blood vessels. Overuse of the active ingredient tetrahydrozoline can perpetuate the vessel dilating-and-constricting cycle and may cause even more redness. **Pseudoephedrine** - This decongestant, found in many drugs, can raise blood pressure and heart rate, setting the stage for vascular catastrophe. Over the years, pseudoephedrine has been linked to heart attacks and strokes, as well as worsening the symptoms of prostate disease and glaucoma. **For more information go to:** <http://health.msn.com/health-topics/articlepage.aspx?cp-documentid=100205363&page=1>

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 713-622-3300.